

Favorite Recipes of the Crayon Division of the Binney & Smith Family.

# RAINBOW RECIPES

DEDICATED TO A GREAT MAN

S. VERE SMITH

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# HEAVENLY BITS

1/2 1b. butter

4 tbsp. powdered sugar

2 cups flour

1 cup pecans (chopped)

1 tsp. vanilla

Roll mixture in small balls. Cook in 400 degree oven for 15 minutes. Roll in powdered sugar immediately after removing from oven.

# STUFFED MUSHROOMS WITH CRABMEAT

# Select large mushrooms

Make a mixture of fresh crabmeat, very finely chopped celery, with enough condensed mushroom soup to make a moist soft stuffing. Pile this rather lavishly in the mushroom caps. Place on cookie sheet and broil briefly until a bubbling brown.

Serve very hot on small rounds of toast.

#### REFRIGERATOR ROLLS

1 yeast cake crumbled and mixed with 1 tbsp, sugar

1 cup scalded milk cooled a little (don't boil)

3 eggs well beaten

1/2 cup melted shortening

4 cups flour - needn't sift before measuring,

scant each cup a little

1/2 cup sugar

1 tsp. salt

Add milk to beaten eggs. If not cool enough, stir eggs as you add slowly. Add melted shortening. When lukewarm add the yeast and sugar. Add dry ingredients, sugar, flour, salt and mix well. Let rise until double in size. Put in refrigerator until cold enough to handle. Roll out at least 2 hours before needed. 350 degrees. (Don't cook in too hot an oven)

# POSTISHOOTI

Boil 3 cups wide noodles (crushed) in salted water to which 1 tbsp, olive oil has been added,

Fry 3 lbs. ground beef in bacon fat until red has disappeared.
Fry 3 medium sized onions (chopped) in 1/4 cup olive oil until oil is all absorbed. To the beef, and onions add 1 qt. tomatoes, 1 or 2 cloves garlic sliced very thin, 1 tbsp. chili powder (more if desired) 1 cup ripe olives sliced, 1 pkg. Kraft Italian cheese, tiny piece of bay leaf and 1 can B&B sliced mushrooms.

Fold noodles into mixture and roast in oven for 1 hour or longer. Stir only occasionally so that it will not become mushy. Serves 8 generously.

# APRICOT CORN BREAD

To 3/4 cup dried apricots which have been cut fine, add 1/4 cup flour and mix.

Mix and sift together 3/4 cup flour, 3/4 cup yellow corn meal, 2 tsp. baking powder, 1/2 tsp. baking soda, 1 tbsp. sugar, 1 tsp. salt. Add the floured apricots.

Combine 1 cup sour milk (or buttermilk) 2 beaten eggs and 3 tbsp.
melted butter. Add this liquid all at once to the dry ingredients
and mix just enough to thoroughly moisten ingredients.

Pour into greased 8 inch square pan. Bake approximately 30 minutes . in 425 degree oven. Best served hot with butter.

# CRABMEAT SPECIALTY

- 1. Make two cups medium cream sauce
- 2. Hard boil 2 eggs peel and slice
- 3. Drain 1 can mushrooms. Add mushrooms and eggs to sauce and season with salt and pepper.
- 4. Slice about 6 large stuffed olives and flake a  $6\frac{1}{2}$  oz. can crab meat.
- 5. Add crab and olives to sauce mixture being careful not to break the crab meat up too much.
- 6. Add seasonings a dash of Tobasco and a good sprinkling of Worcestershire sauce.

Tastes good when heated on top of stove and served on toast; or baked in oven over rice or noodles which have been sprinkled with bread crumbs and cheese.

#### VICKY'S QUICKIES

- Cooked thin spaghetti
  Bite-size pieces of left over chicken or turkey.
  Generous addition of shavings of very sharp cheese.
  Mix together: beaten eggs, milk, salt and pepper.
  Add this mixture to above ingredients and bake in a covered casserole. Serve with a tossed vegetable (left overs again, of course) salad.
- 2. Thick slices of canned sweet potatoes Jar of cooked apple chunks (sold for apple pie) Bite-size pieces of baked ham Add liquid from sweet potatoes. Mix ingredients and bake in a covered casserole.

# TURKEY DIVAN

2 Bunches broccoli
Melted butter
White wine
Parmesan Cheese
Turkey (or chicken or ham)
Sauteed mushrooms

Lay slightly cooked broccoli on bottom of shallow greased casserole and cover with melted butter, sprinkling of cheese, and jigger of white wine. Over this lay turkey slices, then more cheese, more wine. Fill in cracks with fresh sauteed mushrooms. Blanket whole dish with rich cream sauce into which 2 well beaten eggs and seasonings have been stirred. Sprinkle again with cheese. Bake about 30 - 40 minutes in 350 degree oven. Comes out souffleed on top. Easy and good for buffet for large group or luncheon. Both men and women like it.

#### PECAN PIE

Beat 4 eggs with a rotary beater until very foamy.

Add 1/4 cup sugar and stir well.

Add 1 cup Karo syrup (white) gradually, beating the egg mixture as the syrup is added.

Add 2 tbsp. butter cut into small pieces.

Stir in 1 cup pecans (halves or broken pieces) and pour the mixture into an unbaked 9 inch pie crust.

Bake at about 375 degrees until the middle is firm when the pan is shaken.

Should take 45 minutes to an hour. Serves 6 to 8.

#### CORN BREAD

# "Sometimes called egg bread"

Grease an iron corn stick pan with about 3 tbsp. bacon drippings and put in oven at 425 degrees to heat while mixing the bread. Add 1 tsp. salt to 1 egg and heat slightly.

Stir in 3/4 cup buttermilk.

Add 1 to 1-1/2 cups corn meal, mixing well.

Add  $1\frac{1}{2}$  tsp. baking powder and 1/8 tsp. soda.

Mix. Pour the hot bacon drippings from the cornstick pan into the batter and mix.

The batter should be rather thin.

Fill the pan and bake until brown.

Makes about 1 dozen sticks or 8 muffins.

# SALAD DRESSING

MIX - - - - - 1 ounce vinegar (red or white)

1 ounce Wesson oil (very fresh)

2 ounces lemon juice

Add salt and pepper to taste, if desired. Shake well and chill. It will keep if refrigerated, but is better mixed fresh.

# CARAMEL STICKS

1 cup brown sugar
1/2 cup butter
1 egg
1 cup nut meats

1 cup flour

Cream sugar and butter together and heat in a skillet. Cool. Beat the egg and stir into the cooled mixture. Beat the three ingredients together briskly. Add the flour and nuts, pour into a shallow square pan (well buttered) and bake in moderate oven. Cut in long sticks and place on waxed paper to cool. Delightful snack for coffee sessions.

#### FRIJOLES DE OLLA

1 Kilo (2 1bs.) pink or pinto beans

1 onion diced

1 cup rotel (may use catsup or cocktail sauce)

1 tsp. camino seeds

1 tsp. whole pepper

Cook together until mushy. Drain and save juice. Mash beans thoroughly. Add juice 1 small can Jalapenas (hot peppers) to taste. 1 jar cheddar cheese. Add bean juice to proper consistency. This bean dip is a red-brown paste-like concoction, a dull eyefull to a frijoles greenhorn, but scoop up a bite on a piece of tortilla and you will find that it satisfies and tantalizes at one and the same time.

Use as a dip with potato chips or Fritos.

#### APPLE MUFFINS

2 cups sugar

1/2 cup shortening

2 eggs

2 cups flour

2 tsp. soda

1 tsp. salt

1 tsp. cinnamon

1 tsp. nutmeg

3/4 'cup nut meats (chopped)

6 to 8 apples chopped fine

Bake 350 degrees 35 minutes. Makes 30 or more muffins.

# VEGETABLE CASSEROLE

2 pkgs, frozen cut green beans, cooked

1 can French fried onions

1 can mushroom caps

1 can cream of mushroom soup

Mix it all together and cover with a sharp cheese and bake at 350 degrees for 1/2 hour.

#### SUNDAY BRUNCH

1 tbsp. butter

1/4 lb. dried beef

1 tbsp. flour (medium heaping)
milk

1 can tomatoes (small) Sharp cheese to taste

Melt butter in a frying pan and add dried beef and flour. Allow to brown and add milk and tomatoes. Let simmer for a short time, then add chunks of cheese and cook until cheese melts. Serve on toast.

# ROQUEFORT DRESSING

Use either imported roquefort or Danish bleu cheese. Crush with a fork until mashed into small particles. Add either yogurt or sour cream until mixture is a creamy consistency. Add black pepper and pour over vegetables for a delicious chef salad.

# SHERRY GELATINE DESSERT

1 can bing cherries

1 package plain gelatine

2 tbsp. 1emon juice sugar to taste Sherry wine

Dissolve gelatine in cherry juice (from can) which has been heated to boiling point. Add sherry to make two cups of liquid. Add lemon juice and sugar (or sacharine). Let chill in refrigerator until partly jelled; then add cherries and return to refrigerator to complete chilling until firm.

To make an extra fancy desert, stuff cherries with pecans.

# CHEESE CAKE

- 2 pkg. cottage cheese
- 4 eggs
- 8 tbsp. sugar
- 1/4 tsp, salt
  - 2 tsp. flour
  - 2 cups milk
  - 1 piece butter size of walnut

Mix cheese, eggs, flour, sugar, salt. Mash through strainer so that it is smooth. Add milk and melted butter. Put in pie shell Bake until cheese is brown.

#### TUNA-SPINACH SALAD

- 12 oz. spinach (1 pkg. cleaned ready to use)
  - 7 oz. tuna fish (1 small can)
- 24 olives (stuffed or ripe)
- 1 small white onion (or 6 rareripes)
   salt and pepper
   Oil and vinegar dressing (or French dressing)
- 1. Chop spinach coarsely. Drain and flake tuna fish. Slice olives (cut wedges from pit if using ripe olives) chop onions or rareripes very fine.
- 2. Toss all ingredients with choice of dressing, and season to taste with salt and pepper.
- 3. Garnish with onion and tomato rings, or additional rareripes and whole olives.

# DUTCH APPLE PIE

$\frac{8-9}{1/2}$	large apples cup granulated sugar		1/2	tsp.	cinna	mon
1/4	cup brown sugar		1	tbsp	nutme butt	er
	(firmly packed)	2.	\$	cup 1	light	cream

# Pie dough for bottom crust only

1. Line pie plate with dough; flute edge. (If apples are very juicy, sprinkle flour over bottom to thicken liquid)

2. Peel and slice 5 apples. Fill pie plate half full of apples.

3. Combine sugar, spices and salt. Sprinkle over apples. Fill pie plate level full with rest of sliced apples. Sprinkle with sugar-spice mixture.

4. Peel and cut remaining apples in 1/8 ths; place in ring around outside, and small inner ring. Sprinkle with rest of sugar-spice mixture, and melted butter or oleomargarine.

5. Cover with large square of waxed paper and inverted pie pan. Bake in hot oven (425 degrees) for 45 minutes to 1 hour, removing cover after 1/2 hour.

6. Pour cream over top of pie immediately after removing from oven. Serve warm.

Note: a tasty variation of this - substitute your favorite lemon sauce (hot) for cream.

# BROWNIE PUDDING

1/2 cup sifted cake or all	1 tbsp. melted shortening
purpose flour	1/2 tsp. vanilla
1 tsp. baking powder	1/4 cup chopped nuts, if
(double acting)	desired
1/2 tsp. salt	1/2 cup brown sugar
1/3 cup granulated sugar	(firmly packed)
1 tbsp. breakfast cocoa	2 tbsp. cocoa
1/4 cup milk	3/4 cup boiling water

1. Sift flour, measure, add baking powder, salt, granulated sugar, and 1 tbsp. cocoa, and sift again.

2. Add milk, shortening, and vanilla; mix only until smooth. Then add nuts. Turn into greased 1 qt. baking dish.

3. Mix together brown sugar and 2 tbsp. cocoa; sprinkle over batter. Then pour boiling water over top of batter. (This forms a chocolate sauce in the bottom of pan as pudding bakes.)

4. Bake in moderate oven (350 degrees) 30 to 40 minutes. 6 to 8 servings.

# STEAK ROLL-UPS

- 1 to 1 1/2 1bs. round steak cut into 4 pieces. Flour one side only. Pound both sides. Salt. 2 cups bread dressing:
  - a. Place small amount of this on each un-floured meat piece.
  - b. Roll up tie both ends.
  - c. Brown in small amount of fat.

Pour 3/4 cup mushroom liquid or mushroom soup over these.

Bake 1 1/2 hours at 325 degrees.

(Mushrooms may be added with the liquid)

This can be cooked in tight covered frying pan, or casserole.

For 4 person.

Good with green salad-baked potatoes.

# STRAWBERRY NABISCO

3/4 lb. Nabiscos (roll of vanilla wafers). Crush and put half on bottom of pan. Beat 2 eggs (separately) then combine them. Cream 1/2 cup butter with 1 cup powdered sugar; add this to eggs and spread on Nabisco crumbs. Over that put 1 pint strawberries cut up. Add 1/2 pint whipping cream. Put crumbs on top and put in refrigerator. Can be made the night before.

# LAZY DAISY CAKE

Beat 2 eggs until thick, gradually add 1 cup sugar. Add 1 tsp. vanilla. Sift 1 cup flour, 1 tsp. baking powder, 1/2 tsp. salt and add to the first-mixture. Heat to boiling point 1/2 cup milk and 1 tbsp. butter; add to batter and mix well. Bake at 350 degrees.

Frosting: 3 tbsp, melted butter, 5 tbsp, brown sugar, 2 tbsp. cream, 1/2 cup cocoanut,

# POOR MAN'S SPICE CAKE

2 cups sugar 1 cup fat drippings (any kind) 2 cups water

2 tsp. cinnamon

2 cups raisins

1 tsp. cloves

Put together and bring to a boil. Cool thoroughly before adding: 3 cups flour

2 tsp, soda sifted together.

Bake in a tube pan, greased and floured well. Bake at 350 degrees for from 1 to 1 1/2 hours. Test before removing from oven.

# SHORTBREAD COOKIES

1 cup butter

1 cup sugar

2 tsp. cinnamon

1 egg yolk

2 cups flour

Mix all ingredients together and press into large ungreased cookie sheet. Pour unbeaten egg white over top to glaze; drain off, Sprinkle with nuts. Bake 20 minutes at 300 degrees. Cut while hot,

# BUTTERSCOTCH CAKE WITH BAKED-ON-ICING

1	cup butter	1/2 tsp. salt	
2	cups brown sugar	1 tsp. soda	
2	and 2/3 cup cake flour	1 cup sour mi1k	

1 tsp. cinnamon

4 eggs (reserve 2 whites for icing)

Mix as usual, add egg whites beaten stiff last. Pour in sheet pan 8 1/2" x 12 1/2".

Bake 45 minutes, 325 degrees first 15 minutes - 350 degrees 30 min. Cover with icing: 2 egg whites beaten stiff, add gradually 1 cup brown sugar and beat well. Spread on batter, sprinkle with nuts and bake.

# LAZY SUZAN CAKE

1	cup sugar	1/2 cup mi1k
1	cup flour	4 tbsp. crisco
1	tsp. baking powder	2 eggs
	wanilla	

Heat milk and shortening (not boiling) let cook beat eggs and sugar then add milk and flour.

#### TOPPING

3 tbsp. butter 2 tbsp. cream

8 tbsp. brown sugar

Boil and add coconut. ---Place under broiler a few seconds. Good hot or cold.

# TOMATO & ONION RELISH "To be relished as a relish"

Slice 4 good sized peeled tomatoes very thin. Put a layer of tomatoes in a shallow dish and a layer of very thinly sliced Red Onion. Sprinkle a little salt over it and 2 tablespoons of Brown sugar. Put a plate on top to press down on same and leave for about 20 minutes. Pour over all 1/2 cup of diluted cider vinegar and let stand until ready to use. Pour off surplus juice so it isn't sloppy.

Delicious as a relish with steak or hamburger.

Amount of onion depends on how much you like onion!

# CHEESED POTATOES

Pare and dice cold boiled potatoes.

Prepare medium white sauce, add one package Pabst-ett cheese.

Stir until all blend in smoothly. Put potatoes in casserole and pour the sauce over them. Dot with butter.

Bake in moderate oven until brown.

#### PIE CRUST

1/2 1b. butter
1/2 1b. Philadelphia cream cheese
2 cups flour
 pinch of salt

Let cool and roll. May also be cut with cookie cutter, baked and spread with jam to serve with tea.

# EGGPLANT CASSEROLE (Italian Style)

2 small eggplant (about 2 1b.)

1 tsp. salt

Flour for coating

3 eggs

6 tbsp. salad or olive oil

Eggplant sauce:

4 tbsp, oil, butter or margarine

1 small onion

1 4 oz. can tomato paste

1 tsp. salt dash pepper

few basil leaves

3/4 lb. Mozzarella cheese

3 tbsp. Parmesan-style cheese

1/3 cup dry bread crumbs

Casserole:

Peel, slice eggplant in 1/2 inch slices and sprinkle with salt. Be sure to save out two slices to use in the sauce. Coat slices in flour and dip them in beaten eggs. Now heat salad or olive oil in a large skillet and brown on both sides. Since all the eggplant will not fit in the skillet, fry as many slices as will fit comfortably at one time. Set aside until sauce is made.

Casserole Sauce:

Heat 2 tbsp. oil, butter or margarine in sauce pan. Chop onions coarsely and remaining 2 slices of eggplant into cubes. Fry onions and eggplant in fat until golden or about 3 minutes. Pour in tomato paste and 3 tomato paste cans of water. Season with salt and pepper and crumbled basil leaves. Cook about 20 minutes over low heat until sauce looks thick.

Now start your oven at 425 degrees and grease large baking dish with butter or oil. Put a layer of fried eggplant slices in bottom, cover with a layer of Mozzarella cheese and some of the hot sauce; add more layers until all ingredients are used, then cover the top with a shower of dry bread crumbs mixed in with the remaining salad oil you have left over. Bake for ten minutes, then turn temperature to 350 degrees and continue baking for 15 to 20 minutes or until much of the sauce has been absorbed. Serves six generously.

# CANDIED APPLE SALAD

4 cups sugar Red Syrup for Apples 2 cups water cinnamon candies Red vegetable coloring

This can be kept in the refrigerator and used from time to time, adding color and other ingredients as needed. Purchase firm eating apples. Wash, core, and pare. Drop into colored cinnamon syrup. Cook slowly until apples are soft. Test with tooth pick, turning apples frequently. Remove from hot syrup and cool. Serve in lettuce cups topped with whipped cream to which a bit of sharp dressing has been added. Finely chopped nuts can be sprinkled on top. Or, serve as dessert chilled with cream.

#### CALVES' BRAINS

If the budget is off balance because of the high cost of steak, try balancing it with brains! If you enjoy eating sweetbreads in restaurants, you'll find brains are much the same, and a true delicacy. Soak brains in cold water 1/2 hour; remove the thick membrane and cut into the blood vessels to make the brains perfectly white. Put into enough boiling water to cover and simmer for 15 minutes. Take them out and plunge into cold water to cool and make firm. Drain, season with salt and pepper. Saute' gently in butter until nicely browned on both sides. Serve with lemon quarters. Variations: Any sweetbread recipe can be adapted to brains. Good with white sauce and mushrooms, bacon, ham, or Madeira or white wine added 1 or 2 minutes before removing from pan and served on fried toast.

# COOKING WITH LIQUOR

Tutti Frutti: Start this at the beginning of the season, adding fruit at the height of its perfection. Into a stone jar pour 1 cup excellent brandy, 1 cup sugar, 1 cup ripe strawberries. Add other fruits as they come into season, one cup of sugar for each cup of fruit; stirring each time. Cut large fruits into pieces; stone cherries, plums, etc. Can be put in small preserve jars as special gifts to epicurean friends. It makes its own brandy, so do not add more after the starter. Serve on vanilla ice cream or in the center of broiled grapefruit.

Brandied Peaches: When putting up peaches, leave 1/2 inch more room at top than otherwise, and fill the space with brandy.

# WILD RICE

The best wild rice comes from Hackensack, Minnesota where the Bryngelson's have their summer cottage; if you cannot get it, unpolished rice may be substituted. Excellent with game, duck, and goose.

2 cups wild rice 2 cups light cream 2 tbsp, flour 1 cup sliced mushrooms 3 tbsp, butter 1/2 lb, cream cheese

Wash rice thoroughly; add to 2 qts. rapidly boiling salted water slowly, so that water never stops boiling. Boil 20 minutes. Saute' mushrooms in 1 tbsp. butter for 5 minutes. Melt rest of butter in top of double boiler, and stir the flour smoothly into it. Gradually add the cream and stir until it thickens. Add cheese and stir until it melts. Then add mushrooms. Butter a large casserole (2 1/2 qt.) and place alternate layers of rice and mushroom mixture in it. Bake slowly at 325 degrees for 1 hour. 12-14 servings.

# HOT DISH VARIATION OF WILD RICE

Prepare unpolished rice as in "Wild Rice". Substitute 2 cans mushroom soup for the cream cheese sauce. Since this will be a main dish without meat, saute  $^{1}$   $^{1}$   $^{1}$   $^{1}$  1b. bacon cut in small pieces, and  $^{1}$   $^{1}$  1b. cut in  $^{1}$   $^{2}$  " strips. Butter casserole dish, and place alternate layers of rice and bacon pieces, covering each layer with mushroom soup thinned with milk. Top with remaining strips of bacon arranged in pattern on top.

#### COOKING WITH COLOR

A food expert once said that if the uninitiated were to choose a diet, the selection would be varied in color; this would take care of enough proteins, carbohydrates, vitamins, etc. Like adding a dash of seasoning to appeal to the taste, a dash of color adds eye appeal. A few suggestions:

# GREEN

Add a bit of green vegetable coloring to your favorite cucumber or watermelon rind pickle recipe. Cut as a garnish, these will enliven many a salad. The watermelon combines nicely with citrus fruits or tomatoes. For a salad, canned pears colored green blend in flavor with macaroon crumbs over cream cheese balls and marachino cherries.

RED

(See) Candied Apple salad

PINK

(See) Pink Apple Fluff

# PINK APPLE FLUFF

3 egg whites 3/4 cup sour apple pulp red vegetable coloring sugar 1emon juice

Pare, quarter and steam enough apples to make required amount of pulp (or use canned apple sauce). Press through sieve. Add sugar and lemon juice to taste, and color to suit. Fold into stiffly beaten whites very gradually. Pile in individual glass custard cups or sherbet dishes and chill. Serve with cream, custard sauce or plain. Other fruits can be used in the same way. Grated uncooked fruit pulp should be covered at once with lemon juice to prevent discoloration.

# MARSHMALLOW REFRIGERATOR CAKE

1 1b, graham crackers 1 cup nuts (chopped)
1 pkg, dates (chopped) 1 cup sweet milk

2 pkgs. marshmallows (quartered)

Crush graham crackers, add other ingredients and let stand over night in bowl or form in loaf. Serve with whipped cream. Serves about 12.

# BUTTERSCOTCH SQUARES

Combine: 2 cups quick oats

1 cup light brown sugar

1 tsp. baking powder

Add: 1/2 cup melted butter

1/2 tsp. vanilla

Spread in two ungreased pans  $8" \times 8" \times 2"$ . Bake at 375 degrees 8 to 10 minutes. While still warm cut in squares and loosen outside edges. Allow to cool thoroughly and remove from pans.

# BAKED PORK CHOPS

4 pork chops
fat
2 cans tomato sauce
1/2 cup water
1/3 cup finely diced
celery

2 tbsp. brown sugar
juice of 1/2 lemon
1/2 tsp. salt
1/2 tsp. dry mustard
1/8 tsp. pepper

Brown chops in fat. Place in shallow greased baking dish. Combine tomato sauce, water, celery, brown sugar, lemon juice and seasonings. Pour over chops and bake in moderate oven (350 degrees) 1 and 1/4 hours until chops are tender.

# REFRIGERATOR DESSERT

- 1. Beat whites of 2 eggs until foaming
- 2. Add 1/8 tsp. salt and 1/8 tsp. cream of tartar
- 3. Beat until it forms soft peaks
- 4. Add 1/2 cup sugar gradually
- 5. Beat very stiff
- 6. Fold in 1/2 cup chopped nuts

# SPAGHETTI DINNER

1 can no, 2 tomatoes
1/4 tsp. celery salt
2 tbsp. olive oil
pepper

dash of salt 1/4 tsp. oregano 1 clove garlic

Sear garlic in olive oil; add tomatoes and other ingredients then simmer for  $1\ 1/2$  hours. Boil water; add spaghetti for 12 minutes; drain; add sauce and grated cheese with mushrooms which have been browned in butter.

#### CASSEROLE

Brown slightly 1 pound ground beef and one chopped onion. Add 1 No. 2 can whole kernel corn. Mix and put in large casserole with one package uncooked egg noodles and one large can tomatoes. Salt and pepper to taste and bake in oven 350 degrees forty-five minutes.



